

**KXWA Centennial, CO****Issues and Programs Report | January - March 2021**

<b>Subject</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Program</b>	<b>Length</b>	<b>Description</b>
Healthy Weight	Sunday	1/3/21	6am	AWARE	15 min	Centennial listeners heard from Dr. Sara Filmlalter Family Physician and Sports Medicine Specialist from the Mayo Clinic on what it means to have a healthy weight and why it is important to keep a healthy weight. How eating right and exercising can help with a variety of health issues. Also discussed ways to help our schools and parents encourage our children to eat well and stay active. And finally, how COVID-19 has affected our weight.
Autism	Sunday	1/10/21	6am	AWARE	15 min	Jesse Ogas from Firefly Autism told Centennial listeners about Autism and how people go about getting diagnosed and treated.
Youth Issues	Sunday	1/17/21	6am	AWARE	15 min	Centennial listeners heard from Mark Hall, Youth Pastor and Lead singer for CCM group Casting Crowns discuss issues challenging our youth today and about how he and his wife prepared their own children for life and marriage.
Marriage Issues	Sunday	1/24/21	6am	AWARE	15 min	Centennial listeners heard from marriage expert Wesley Smothermon from the Asbury Counseling Center about how to have healthy conflict in marriage, they heard about the value of listening to your spouse and respecting what they have to say. They heard about the value of self care, taking care of your own personal issues that will help strengthen your marriage and making dealing with conflict easier.
Health Issues - Strokes	Sunday	1/31/21	6am	AWARE	15 min	Centennial listeners heard Doris Allen from the Mayflower Clinic about the common types of strokes, they heard about common symptoms, such as dropping face, slurred speech. They also heard about common risk factors such as high blood pressure, and high cholesterol. And common prevention steps taking medicine to lower blood pressure, and eating a healthy diet such as fruits and vegetables.
Mental Health - COVID	Sunday	2/7/21	6am	AWARE	15 min	Centennial listeners heard from Wesley Smothermon from the Asbury Counseling Center talk about sadness and anxiety in the pandemic, what are the typical warning signs to look out for in your children like kids being more vocal. Also discussed different warning signs between teens and smaller kids teens are more quiet, also talked about coping strategies. One example, getting a yearly physical to see if there any health issues going on with your kids, and just talking to other people about the challenges.

How to Handle Credit	Sunday	2/14/21	6am	AWARE	15 min	Centennial listeners heard from Jeff Witherspoon from the Consumer Credit Counseling agency about ways to build credit, by getting a secured credit card, or becoming an authorized user on someone's credit card. They also heard about the importance of on-time payments, and only using only 20% of their available credit to build their score
Heart Health	Sunday	2/21/21	6am	AWARE	15 min	Centennial listeners heard our discussion with health expert Kristen Youther who is the Advanced Practice Clinician Director with MedExpress Urgent Care on why periodic heart screenings and healthier behaviors can prevent dangerous health issues. And with COVID-19, making "American Heart Month" even more important.
Health - Digestion	Sunday	2/28/21	6am	AWARE	15 min	Centennial listeners heard Doris Allen from the Mayflower Clinic talk about what is Acid Reflux disease. They also heard about common symptoms of acid reflux, they heard about common tests and medical treatments, and lifestyle changes when battling Acid Reflux.
Staying Safe Online	Sunday	3/7/21	6am	AWARE	15 min	Centennial listeners heard from Wesley Smothermon from the Asbury Counseling Center about how as parents how they can protect their children from the dangers of social media, by setting healthy boundaries. Also talked about how social media can affect marriages, and the importance of having appropriate relationships with other people online.
Marriage Issues	Sunday	3/14/21	6am	AWARE	15 min	Centennial listeners heard from Wesley Smothermon from the Asbury Counseling Center about what to do if they see that their marriage may be in crisis. Also discussed the importance of a person dealing with their own issues, work on themselves to improve the marriage. Also discussed the importance of not mentioning the word divorce in a marriage.
Heath - Sleep	Sunday	3/21/21	6am	AWARE	15 min	Centennial listeners heard from Dr. Sandra Morris, physician with MedExpress on how to get a better night's sleep. Dr. Morris talked about common kinds of sleep issues and disorders and talked about some common treatments. Also talked about some common solutions if people are having trouble sleeping.
Health - High Blood Pressure	Sunday	3/28/21	6am	AWARE	15 min	Centennial listeners heard Doris Allen from the Mayflower Clinic about common medications used to treat high blood pressure. They heard about how a low sodium diet can help lower high blood pressure. Also discussed low blood pressure causes and what is considered to be low blood pressure.